



City of Rockville • Department of Recreation and Parks

Walk Rockville Program

Monthly Log Sheet



Name: _____

Phone: _____

Group name: _____
(if applicable)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK OF _/_/	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:
	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:
WEEK OF _/_/	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:
	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:
WEEK OF _/_/	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:
	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:
WEEK OF _/_/	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:
	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:
WEEK OF _/_/	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:	Steps/miles:
	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:	Time/duration:

TOTAL MILES: _____
(2,000 steps = 1 mile)

Submit your miles on-line at: www.rockvillemd.gov/stepup
or mail in this log sheet to:
City of Rockville, c/o Walk Rockville,
111 Maryland Avenue, Rockville, MD 20850